

NEWSNOTES

'Air, Land and Sea Times' Transition
The last publication of the Air, Land and Sea Times is Dec. 13, 2013. After Dec. 13, the paper will no longer be published in a print version. The Joint Base Public Affairs team will continue to use other methods of communication, including the joint base public web page, Social Media and dissemination of an E-times. See page 7 for a complete outline of the JB MDL Public Affairs new communication approach.

Law Enforcement Desk Relocated
The 87th Security Forces Squadron law enforcement desk is now located at the new Emergency Control Center, located at 2301 Vandenberg Ave. For all emergencies call 911. All non-emergencies, call 754-6001.

174th Infantry Brigade Change of Command
The 174th Infantry Brigade is scheduled to host a change of command ceremony at 10 a.m. today, at the Fleet Logistics Support Squadron (VR 64), located at 3370 Wornacott Road. Call 562-6553 for more information.

Free Holiday Concert
The 87th Air Base Wing is set to host a free holiday concert starring country star Jason Michael Carroll from 11 a.m. to 1 p.m. today, at the Base Theater, located at 2909 Tuskegee Airmen Ave. Call 754-5327 for more information.

Motivational Speaking Engagement
The 87th Air Base Wing is set to host a Motivational Speaking Engagement from 2-3 p.m. today, at the Timmermann Center, located at 5441 Pennsylvania Ave. Guest speaker is Randy Brown, Mayor of Evesham Township, N.J., and Baltimore Ravens kicking coach. The event is free to all Department of Defense ID cardholders.

Passport Photo Service
The Joint Base Photo Lab will provide passport photo service from 8 a.m. to 4 p.m. Dec. 7, 2013, at 3011 Tuskegee Drive. The service is being offered to the Army/Air National Guard and Reserve personnel. Call 754-3581 for more information.

Palace Chase and Palace Front Briefings
The joint base recruiter for the Air Force Reserve is set to host two briefings at 10 a.m. and 1 p.m. Dec. 11, 2013, at the Kish Airman Leadership School Auditorium, located at 2411 McGuire Blvd. The Palace Front allows service members the opportunity to seamlessly transfer directly from active duty without a break in service. Call (302) 387-9334 for more information.

87th Comptroller Squadron Closure
The 87th Comptroller Squadron will be closed from 11 a.m. to 3 p.m. Dec. 13, 2013.

Joint base gate closure
Several of the joint base gates will be closed to perform Preventative Maintenance on the wedge barriers and crash beams. Below is the schedule with minimal affect to base traffic.

Dec. 17, 2013
Checkpoint 2 (Browns Mills)
Outbound Lanes: 8:15 to 9 a.m.
Inbound Lanes: 9 to 9:15 a.m.

Checkpoint 3 (Pemberton)
Outbound Lanes: 12:45 to 1:30 p.m.
Inbound Lanes: 1:30 to 1:45 p.m.

Dec. 18, 2013
Checkpoint 1 (Wrightstown)
Outbound Lanes: 8:15 to 9 a.m.
Inbound Lanes: 9 to 9:15 a.m.

Checkpoint 7 (Route 68)
Outbound Lanes: 12:45 to 1:45 p.m.
Inbound Lanes: 1:45 to 2:15 p.m.

Alternate dates:
Dec. 23, 2013 for Checkpoint 1 & 3
Dec. 24, 2013 for Checkpoint 1 & 7

American Red Cross Blood Drive
The American Red Cross is set to host a blood drive from 9 a.m. to 2 p.m. Dec. 17-18, 2013, at Tommy B's Community Activities Center, located at 2705 East Arnold Ave. Visit www.redcrossblood.org/make-donation. Once you click on this link, type "McGuire" in the "Enter Sponsor Code" box, and you will be able to select an appointment. Call 754-9573 for more information or to make an appointment.

915th Contingency Contracting Battalion
The 915th Contingency Contracting Battalion is seeking officers, captain through major, any branch and sergeant (promotable) through sergeant 1st class, any military occupational specialty, interested in a career change. Immediate vacancies and opportunities are available. Visit www.hrc.army.mil/Milper/13-205 or asc.army.mil/web/career-development/military-nco/user-reclassification-program for more information.

See more NEWSNOTES on Page 10

HMLA-773 'Red Dogs': mission accomplished



U.S. Marines take time from their training schedule to pose with Nigerian children Oct. 18, 2013. More than 90 Marines and Sailors, made up of different military occupational specialties, went through month of various training exercises and courses to ensure the success of Africa Partnership Station 13. (U.S. Marine Corps photo by Sgt. Marco Mancha/Released)

By Pascual Flores
Joint Base McGuire-Dix-Lakehurst Public Affairs

Marines and Sailors from Joint Base McGuire-Dix-Lakehurst N.J. Marine Light Attack Helicopter Squadron 773, recently returned from an overseas deployment highlighting a successful mission with NATO and African forces.

From Aug. 19 through Nov. 17, 2013, 33 Marines and Sailors from three of HMLA-773's detachments deployed with two UH-1N Hueys, from Joint Base McGuire-Dix-Lakehurst along with 62 Marines from Second Assault Amphibian Battalion from Camp Lejeune, N.C.

"This was the first time U.S. armed forces deployed on a Dutch ship and my first time deploying in non-combat role," said U.S. Marine Lt. Col. Charles Watkins, HMLA-773 pilot and security cooperation task force officer in charge for African

Partnership Station 13.

After a week stay in Rota, Spain, the Marines spent time polishing up their skills in Marine Corps Martial Arts, fast roping, helicopter operations and running the obstacle courses before joining their counterparts from Holland, Spain and the United Kingdom aboard the Royal Netherlands Navy landing platform dock HNLMS Rotterdam. Operation APS 13 began August 30, as part of a three-month comprehensive effort to strengthen capabilities with African partner forces along the West Africa coast.

"We had an extremely enjoyable experience integrating with the other NATO forces, as well as working hand-in-hand with the African forces," said Watkins, of Jamestown, N.Y.

The ship and the combined security cooperation task force

See HMLA, Page 7

Injured Airman returns to duty

By 1st Lt. Alexis McGee
Joint Base McGuire-Dix-Lakehurst Public Affairs

Staff Sgt. Brian Williams of the 87th Security Forces Squadron is just like any other Airman.

He has been in the Air Force for 13 years, has deployed six times and served as a military working dog handler at Joint Base McGuire-Dix-Lakehurst, N.J., since 2011.

He is a Phoenix, Ariz., native who enjoys watching his favorite team, the Carolina Panthers play, reading comic books and playing video games.

Williams is unique though. He returned to work Oct. 28, 2013, after a year and a half hiatus from his MWD duties.

Williams was on a temporary duty assignment not for training or career development, but for recovery.

During his second deployment to Afghanistan, in 2012, Williams was severely injured when an improvised explosive device detonated while he was on patrol. He was approximately mid-way through his six-month deployment when the explosion occurred. He suffered the loss of his left leg above the knee, as well as multiple shrapnel wounds. He spent the past year and half recovering at the Walter Reed National Military Medical Center in Bethesda, Md., undergoing more than 15 surgeries and enduring more than 500 hours of rehabilitation therapy.

Williams was invited to a strategic offsite planning conference held Oct. 30,

See WILLIAMS, Page 3



Staff Sgt. Brian Williams, 87th Security Forces Squadron military working dog handler, hugs his fiancée, Staff Sgt. Emily Christofaro, after finding out he received a promotion to technical sergeant Oct. 30, 2013, at the New Jersey National Guard Armory in Bordentown, N.J. Williams returned to duty after recovering from an improvised explosive device attack while deployed to Afghanistan. (U.S. Air Force photo by 1st Lt. Alexis McGee/Released)

Leaders serve lunch

Joint Base McGuire-Dix-Lakehurst and civic leaders work the chow line during a Thanksgiving lunch Nov. 28, 2013, at Halverson Hall, JB MDL. N.J. Senior leaders from across JB MDL come together every year to serve the Thanksgiving meal.



2

Navy announces promotions

The names of more than 21,000 active-duty, 1,800 Reserve and 500 full-time support Sailors selected for advancement to E4, E5 and E6 were released Nov. 28, 2013. Sailors may view their profile sheets on Navy Knowledge Online.



3

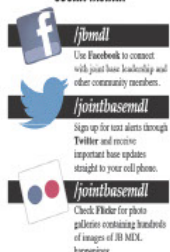
Brigade visits Gettysburg

Soldiers assigned to the 72nd Field Artillery Brigade, First Army Division East participated in a staff ride Nov. 28, 2013 to Gettysburg National Park, Pa. The visit wrapped up a month of research and training on the Gettysburg Campaign.



5

Check out JB MDL on social media!



Develop study plan that works for you

By Chief Master Sgt. Patrick Edem
51st Maintenance Group

OSAN AIR BASE, South Korea—The weighted airman promotion season is back; chief master sergeant promotion testing period has just ended while senior master sergeant, master sergeant, technical sergeant and staff sergeant cycles are fast approaching.

My message, if you don't read any further, is to study for promotion; I mean really study for your promotion.

For our enlisted force, this is one thing that always amazes me; many people just don't study for their Promotion Fitness Exam and Specialty Knowledge Test. If you observe the average scores for these tests over the years, the majority hover somewhere around a 55 to 65 percent.

The one thing I have always had in my favor with regards to promotion is that my peers did not always study, so I thought to myself, why not use this to my advantage? The strange part about it is that when asking those not selected for promotion if they studied, most will say

they did. However, when you really peel it back, what they actually did is just read the Professional Development Guide, or glance over their Career Development Course, a few times.

In most cases, this method of "study" in preparation for any assessment or examination will not be very successful. Being fully prepared and ready requires more time than just a glance over; you must digest and absorb the PDG and CDC materials and any other career field requirements to do well.

For me it is best to know the material and know how it applies. After 26 years, I still reference those books to remain well versed in my job and as an Air Force professional. Find the method that works for you and stick to it.

A first step in the right direction may be to set a goal and develop a plan to tackle it in a way that helps you retain the most information and understanding. Things like making flash cards, notes, using audio aids, setting study time and duration and changing venue (home, library or community center) may assist you in

staying focused and on course.

Just reading through the books provided will not get it done. Most of all, you have to commit yourself; this can even be a family commitment for some.

Personally, every time I prepared for an exam, my wife and children didn't see much of me, especially at night or on weekends. My family understood that in order to put a study plan into action and effectively achieve a goal, I needed to isolate myself in a separate room, or go to the base library.

To be entirely prepared you must be prompt and reliable with honesty to yourself in planning, scheduling and execution. Additionally, total commitment to the mission and your job while simultaneously taking advantage of this systematic developmental opportunity will go a long way towards ensuring success.

So think about it, do you want to get promoted, expand your level of leadership and accept more responsibility? If so, it starts with a real study plan, one that works for you ... and staying devoted to it.

JB MDL Airman's victory over weight loss

By Master Sgt. Andrew G. Cosner
821st Contingency Response Wing

Hey there. Can we be honest with each other for a moment? I have a secret to share: I'm you. Specifically, I'm a person whose weight has been slowly creeping up for the past 10 years, until for me it started hovering around the 260 pound mark. I'm the one frantically going around telling people that I'm "big-boned", or "I'm just built that way". I'm the guy who consistently makes 75-78 on my fitness assessment, because it's what I need to pass. Yeah, I'm that guy. And I'm willing to bet that in some ways, you are too.

Now, don't worry. I'm not judging. That would be a bit hypocritical, wouldn't it? I'm just saying that it's time we stopped dancing around the subject. We use these statements to build defenses around ourselves. Each one is a brick designed to keep us content, and safe from the truth. Well, my walls became a castle, with towers of denial and a moat of self-justification. It got so bad that I would be genuinely proud of my 76.8 point physical training test victory, then would congratulate myself by going out and eating an entire bucket of fried chicken. (Yes, an entire bucket. Don't you judge). But there was a problem. My castle wasn't made of bricks at all. It was made of cards and it was about to collapse.

I bet I know what you're thinking. You think I failed a PT test, right? Well I did, just not recently. I failed it way back in 2010. But this didn't even make a dent in my castle walls. You see, that's how these things work. When we build our ramparts of denial, we cut ourselves off from external influence and mine were thick and strong.

No, any change would have to come from within.

It came, as change often does, when I least expected it. I came back from a deployment weighing 273 pounds. I simply could not believe it. I stood frozen, embarrassed and ashamed, and trying desperately to find an excuse that would absolve me from the facts. The scale was broken! No. The food had been mislabeled! No. I hadn't been given appropriate time! No. Nothing would stick to these walls, walls which had suddenly become my cage. I was finally out of people to blame.

I was to blame. I saw a vision of the future that included getting kicked out of the military amid ever-worsening medical problems and made up my mind then and there that enough was enough. I had gotten myself here through years of neglect and I was the only person who could dig myself out. I didn't know where to go or what to do. I simply knew it was my responsibility to act.

But how does one begin? There are dozens if not hundreds of fitness programs available to choose from, and they all seemed to contradict each other. I knew I needed to eat less food, but how much was the right amount? I didn't even know how much I was currently eating. I had just found step one.

It wasn't hard to get in the habit of logging my food, since my phone is with me all the time anyway, and I found plenty of free apps. I found something interesting in the process, though. The very act of pulling out my phone and preparing to log my intake gave me 10 extra seconds to ask myself, "is what I'm about to eat really worth it?" More often than not, the answer was "no."

See **WEIGHT**, Page 11

Service member spotlight: successful, productive

Sgt. Troy Hutchinson, Marine Aircraft Group 49 assistant training chief, is the joint base's featured service member of the week. Hutchinson hails from Lewiston, Maine.

Q: Why did you join the military?

A: I always wanted to be a Marine ever since I was 7 years old.

Q: What is your job and what is its impact on the mission?

A: My job is to ensure MAG-49 Marines get all the annual training completed for the year. Marines cannot deploy or reenlist if their training is not complete.

Q: Do you have any past or current family members in the military?

A: Yes, my uncle, Mike, was in the Marines from the late 70s to early 80s.

Q: Who most inspires you?

A: My uncle inspires me the most.

Q: What is one thing you'd like your fellow service members to take away or understand about the military?

A: The military is what you make it. If you think something is terrible, that is exactly what your experience is going to be.



(U.S. Air Force courtesy photo/Released)

Joint base leaders help Airmen get 'stuffed'



Joint Base McGuire-Dix-Lakehurst and civic leaders work the chow line during a Thanksgiving lunch Nov. 28, 2013, at Halverson Hall, JB MDL, N.J. Senior leaders from across JB MDL come together every year to serve the Thanksgiving meal and show their gratitude for the work service members do at the base. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)

COMMANDER'S ACTION LINE



Col. James C. Hodges
Commander, Joint Base
McGuire-Dix-Lakehurst and
87th Air Base Wing

The Joint Base Commander's Action Line is an integral part of the base feedback network. Base personnel are urged to use the proper chain of command first to address their concerns.

If you are not satisfied with the response from your chain of command, or you are unable to resolve the problem or concern, please call 754-3247 or e-mail 87abw.actionline@mcguire.af.mil.

Action lines may be made anonymously, however it is recommended you leave your name and number in case more information is needed to address your concern.



AIR, LAND
& SEA TIMES

Vol. 4 No. 49

The Air, Land and Sea Times is published by the Burlington County Times, a private firm in no way connected with Joint Base McGuire-Dix-Lakehurst, N.J., or the United States Military. This civilian enterprise newspaper is an authorized publication for members of the military services. Contents of the Air, Land and Sea Times are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the U.S. Military.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Military, or the publisher of the products or services offered.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared, and provided by the JB MDL Public Affairs Office. All photographs are U.S. Military photographs unless otherwise indicated.

EDITORIAL STAFF

Commander, JB MDL and 87th ABW
Col. James C. Hodges
Chief, Public Affairs
Ms. Angel Lopez
Internal Chief
2nd Lt. Carrie Volpe
NCOIC
Tech. Sgt. Darrell Dean
Editor
Airman 1st Class Sean Crowe
Writers
Mr. Pascual Flores

NEWS ONLINE

Joint Base
McGuire-Dix-Lakehurst
Most articles and announcements published in the Air, Land & Sea Times are available online at the JB MDL public Web site.

For up-to-date joint base news & info visit:
www.jointbasemdl.af.mil



Petty officer advancement results released

By From Chief of Naval Personnel Public Affairs

WASHINGTON—The names of more than 21,000 active-duty, 1,800 Reserve and 500 full-time-support Sailors selected for advancement to E4, E5 and E6 were released Nov. 26, 2013.

"Congratulations to all the Sailors who advanced this cycle," said Master Chief Petty Officer April Beldo, Manpower, Personnel, Training, and Education fleet master chief. "You earned this through hard work and dedication to the Navy, and it demonstrates your ability to step into greater positions of leadership."

Commands may view results on the Navy Enlisted Advancement System website and Sailors may view their profile sheets on Navy Knowledge Online.

Use the following links to view the names of Sailors selected for advancement:

Visit www.navy.mil/ah_online/documents/CY220AD.pdf for

active-duty petty officer results.

Visit www.navy.mil/ah_online/documents/CY220RS.pdf for reserve petty officer results.

Visit www.navy.mil/ah_online/documents/CY220FTS.pdf for FTS petty officer results.

Visit www.navy.mil/ah_online/documents/CY220RC.pdf for recruiter canvasser petty officer results.

"After every exam we ask leadership, our chief's mess and our first classes to sit down with those petty officers who didn't advance," said Beldo.

"Through career development boards we look at their test scores, evaluations and performance and help them develop a plan to keep moving forward. We want to make sure these Sailors understand there is still an opportunity to stay Navy and advance."



Newly promoted Sailors assigned to the Air Test and Evaluation Squadron (VX) 1 wait to receive their frocking letters during a ceremony in the hangar bay June 3, 2013. (U.S. Navy photo by Petty Officer 2nd Class Kenneth Abbate/Released)

Williams

Continued from Page 1

2013, at the New Jersey National Guard Armory in Bordentown, N.J., to share his recovery story with 87th Air Base Wing leadership.

As he told his story, he said that just prior to his deployment he purchased a \$20 Casio watch to wear while deployed. He said he kept the time set to the time zone back home so he always knew what time it was back in the U.S. After he returned to the U.S. following the explosion, one of his doctors told him that had he not been wearing the unassuming watch, he probably would have lost his left hand completely.

"So if you don't have a 20 dollar Casio watch, you might want to get one," he joked as he told his recovery story.

Williams' fiancée Staff Sgt. Emily Christofaro joined Williams during the conference to tell about the recovery from her perspective and to thank her leadership for providing the means to let her help Williams through his recovery.

"Don't let your troops fall under the radar," Christofaro said to the leadership. "If there is a single Airman in your unit who gets injured and doesn't have anyone to help through the recovery process, let him or her have someone."

Christofaro credited her leadership with making it possible for her to stay with Williams as he recovered. She stayed by his side almost consistently during the first nine months of his recovery.

"Had Emily not been there (during my recovery), I just don't know how it would have been," said Williams.

Williams said his recovery thus far has not been easy, but it has been dotted with some unforgettable experiences.

As soon as he began his recovery, Williams asked his leadership about the feasibility of adopting his military working dog, Carly, who was by his side on the day of the accident. They assured him they would look into it, but since Carly was still in good health and could still perform adequately as a MWD, the chances were slim.

Members of the SFS MWD section brought Carly down to Bethesda on multiple occasions to visit his friend and partner as Williams' leadership continued their pursuit to have Carly adopted out as his service dog.

At the end of June 2013, Williams had a meeting scheduled with the Secretary of the Air Force at the time, Secretary Michael Donley to discuss Carly's adoption. During the meeting, Donley told Williams that he had heard that Williams wanted to adopt Carly as a service dog. Williams expressed his interest in the adoption and Donley asked him how he felt about being able to adopt Carly "today." Soon after, Master Sgt. Mike Sherry, 87th SFS kennel master, and Chief Master Sgt. Scott Pepper, 87th SFS manager, walked Carly in the room to transfer Carly over to Williams.

Williams was officially presented with Carly during a small ceremony at JB MDL Aug. 28, 2013.

During the conference, Williams said that not once during his time in Bethesda did he ever feel lost or forgotten by the base populous.

As a further demonstration of the fact that he was never forgotten, Col. James Hodges, 87th Air Base Wing commander, along with Lt. Col. Patrick Seen, 87th SFS commander and Pepper thanked Williams for sharing his story and presented him with a surprise he never saw coming.

In what was a heart-wrenching moment for all in attendance, Hodges announced that Williams was selected for promotion to the rank of technical sergeant effective Nov. 1, 2013.

"I was just as surprised as anyone else there," said Williams. "I still can't believe I'm Tech. Sgt. Williams."

Williams admits that he couldn't have done all he has without the robust support of his leadership.

"I just want to do what they expect of me, which is to lead Airmen," he said of his leadership. "And I am so thankful to my leadership for finding me worthy of this promotion."

Williams has had a long journey to recovery, but despite his injuries he continues to stand ready to serve.

"Yes I lost most of my leg, but my heart and brain still work and that's all I need," he said.

When looking to the future, Williams said his long-term goal is to retire at no less than a master sergeant. And for the short term, "I want to be able to run again," he said.

Operation Santa Claus opens shop



Vince Bowker, Operation Santa Claus treasurer, gives members of Joint Base McGuire-Dix-Lakehurst, N.J. leadership, a tour of building 5343 Operation Santa Nov. 25, 2013, at JB MDL. Bowker who has been Santa since 1993 receives and also checks the donated toys that will be distributed to children of all the branches of service here. Each child can browse up to 15 minutes and pick out three new gifts. Operation Santa is in need of gifts for ages 14-16 and also newborns. (U.S. Air Force photo by Russ Meseroll/Released)

Time to quit smoking?
The Health and Wellness Center can put you on track.
Call 754-2462 for more information.

Jacobstown Baptist Church
49 Jacobstown Armetown Rd., Wrightstown NJ
Ph: 609-758-8007/Web: www.jbchurch.org
Presents
The Living Nativity
December 13, 14, 15
6:30-9:00pm
Free of charge
Real People! Real Animals! 12 Full Scenes



personalized education.
affordable tuition.

Course: Information Security Analyst, Computer Systems Operations
B.S. in Computer and Network Security, 2013

HANOVER DENTAL CENTER
"Gentle Dental Care that will keep the Whole Family Smiling!"
609-723-9800
★ Most Insurance Welcome
★ Amerigroup, Healthnet, VHP Accepted
★ Military Insurance Accepted
★ Fillings, Extractions, Root Canals
★ Dentures, Implants, Children's Dentistry
★ Some Saturday and Evening Hours
Located Minutes from Joint Base McGuire-Dix-Lakehurst
In the Ames Shopping Plaza

Defend against cyber crime.
Earn a cyber security degree.

Wilmington University cyber security students learn how to monitor for security breaches and respond to cyber attacks under the direction of expert faculty with extensive industry experience. Prepare for a job in a growing field and be part of an academic powerhouse with Wilmington cyber security programs. Earn your degree in a way that fits your life, with flexible schedules, multiple classroom locations, and online options that let you learn whenever—and wherever—it's most convenient for you.

Classes begin every eight weeks.
Get started today at wilmington.edu/cybersecurity

WILMINGTON UNIVERSITY

1-877-456-7003 | wilmington.edu/UMU

Wilmington University is a private, nonprofit institution and member of the Delaware Alliance for Nonprofit Advancement (DANA).

87th CES EM edifies Airmen to survive



ABOVE: Senior Airman Maria Navarro, 87th Civil Engineer Squadron Emergency Management specialist, explains procedures during the Chemical Biological Radiological and Nuclear survival skills training class Nov. 27, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The class instructs on using protective gear against foreign agents and how to identify them in an attack. Navarro hails from Long Beach, Calif. (U.S. Air Force photo by Russ Meseroll/Released)

ABOVE RIGHT: Tech. Sgt. Jeffrey Green, 87th Civil Engineer Squadron Emergency Management specialist, explains decontamination procedures during the Chemical Biological Radiological and Nuclear survival skills training class Nov. 27, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The class instructs on using protective gear against foreign agents and how to identify them in an attack. Green hails from Detroit, Mich. (U.S. Air Force photo by Russ Meseroll/Released)

87th MDG launches self-care program

What if you or someone in your family had symptoms of a minor illness such as diarrhea, itchy watery eyes, nasal congestion, cough, headache, allergies, fever, sinus congestion or sore throat? If you are like many service members, you would pick up the phone and call the 87th Medical Group to schedule an appointment to see your medical provider. However, many of these symptoms can be treated quickly and just as effectively at home using self-care and over-the-counter medications.

The 87 MDG has implemented the Self-Initiated Care Kit program or SICK. The SICK program is a patient-centered initiative designed to empower members to recognize the signs and symptoms of illness and initiate treatment with over-the-counter medications.

The SICK program enables active duty members to access a variety of over-the-counter medications without being seen by a provider. This saves the member and the Air Force time and money.

According to Maj. Angela Widder, 87th Medical Operations Squadron Family Health Clinic medical director, this program will reduce work and training time lost by military members waiting to receive medical care, empower members to be responsible for their personal health and reduce cost by decreasing unnecessary medical visits.

The SICK program is currently available only to active duty military members enrolled at the 87 MDG Family Health Clinic. Members who wish to participate must attend a 30 minute briefing held during the Newcomers Orientation and twice weekly at the 87 MDG Clinic. Upon completion of the briefing, members will receive a self-care book and SICK program prescription card. This card will grant the member access to the pharmacy for a limited quantity of self-care medications.

If you would like additional information about this program or wish to schedule an individual appointment please call 1-866-DRS-APPT. To schedule briefing for your unit or squadron during Commander's Calls, please email Maj. Melinda Williamson at melinda.williamson@us.af.mil. For more information on self-care measures, please visit www.webmd.com.



Time to quit smoking?

The Health and Wellness Center can put you on track.
Call 754-2462 for more information.

BROWNS MILLS DENTAL CENTER

"We Cater to Cowards!"

Now 2 Locations to Serve You!

Browns Mills Dental Center
55 Pemberton/Browns Mills Rd
Browns Mills, NJ

Pleasant Valley Family Dentistry
301 Fellowship Rd.
Mt. Laurel, NJ
856-222-1100

We participate with
Military United Concordia
& Most Insurance Plans

24-Hour Emergency Service

- Laughing Gas • Caps • Cosmetic Bonding • Braces
• Root Canal • Dentures • Implants

We Accept All Major Credit Cards & Care Credit

Hours: Mon, Thurs, & Fri. 8:30am to 5pm; Tues. & 3:30am to 6pm; Wed. 9am to 5pm; Every other Sat. 9am to 1pm

609-893-5200

ASAD S. SADIQ, D.M.D. AND ASSOCIATES

Se habla Español

**REWARD
YOURSELF
THIS HOLIDAY
SEASON.**

GET \$100¹ WHEN YOU SPEND \$1,000
IN THE FIRST 90 DAYS OF OPENING
YOUR NEW *cash*REWARDS CARD!

- > Earn cash back on every purchase
- > No annual fee²
- > Earn big rewards when you use your card at **Member Mall**³, our exclusive online shopping mall

OFFER EXPIRES DECEMBER 31, 2013



ARMY
MARINE CORPS
NAVY
AIR FORCE
COAST GUARD
DoD

APPLY TODAY!

Pine Grove Plaza Shopping Center
18-R Broadway Street, Browns Mills, NJ
navyfederal.org 1.888.842.6328

Federally Insured by NCUA. We offer the cardholders issued new Visa® rewards credit card accounts. To be eligible for the \$100 cash reward, we must make \$10,000 or more in net purchases with the 0% rate of access at opening. Please allow up to eight months after the 90-day period for the \$100 to post to your rewards balance. Account must be open and active at least 21 days. The \$100 is posted to your rewards balance. Until \$100 cash reward account under this promotion. Visa Rewards card offers a variable APR that ranges from 9.99% APR to 19.99% APR. Rates based on creditworthiness. NCUA cash reward: None if performed at a Bank of America or ATM. Otherwise, \$100 per domestic transaction or \$100 per international transaction. Foreign transaction fee: 0.99% of transaction amount if performed at a Bank of America. Not transaction insurance if more than one U.S. dollar. Program ends at Visa Federal Business and Home Equilibrium Visa Platinum credit cards and Visa ThankCard. © 2018 Visa Federal NCUA DDO. 06/18/18





The spouses of JB MDL are gearing up to bring our service members in the dorms and those mobilizing and demobilizing during the holidays some festive cheer! Help us collect and deliver 18,000 cookies for Operation Cookie Drop!

Thursday, December 12th

Drop off cookies from 0700-1100 at the following locations:

Dix Chapel (5240 New Jersey Ave.)

McGuire Chapel (2503 E. Arnold Ave.)

United Communities Office (3700A Circle Drive)

Lakehurst Building 488 (Military Family Support Center)

No special containers necessary,
but colorfully-decorated, home-baked cookies are a hit!

VOLUNTEER! Sign up to collect or package cookies
on McGuire or Dix. Contact Stephanie Higley
405-219-0170 or StephanieHigley@hotmail.com



72nd F.A. Bde. visits Gettysburg

By Capt. Kelvin O. Scott
72nd Field Artillery Brigade
Public Affairs

JOINT BASE MCGUIRE
DIX LAKEHURST, NJ. — Soldiers assigned to the 72nd Field Artillery Brigade, First Army Division East participated in a staff ride Nov. 26, 2013 to Gettysburg National Park.

The visit wrapped up a month of research and training on the Gettysburg Campaign.

Roughly 51,000 Soldiers were killed, wounded, captured or missing during the first three days of the 1863 Gettysburg's Campaign, commonly referred to as the Battle of Gettysburg. While this occurred 148 years ago, the lessons learned remain relevant in 2013.

"Gettysburg is a foundation for understanding the strategic and operational worth of unified land operations," said Lt. Col. Kevin Johnston, 2-315th Field Artillery Battalion commander. "Elements of research, understanding and training are useful in the exercise of command and control in today's complex battlefield."

The 28 Soldiers in attendance were given a campaign

overview which consisted of intelligence preparation of the battlefield, order of battle and crew drills on a Model 1857 12-Pounder Napoleon Field Gun.

The visit also allowed the chance to appreciate the life of an 1863 artilleryman. "We now have a heightened awareness of field artillery from then to now," explained Maj. Paul Otto. "We saw a snapshot of how our profession has grown throughout the years."

Otto's sentiment was echoed

by Sgt. 1st Class Jeff Campbell.

"It was an eye opener to experience the history and see the battle from the viewpoint of the ground commanders," said Campbell. "The lessons learned here have a direct impact on how we lead and fight today."

First Army Division East advises, assists and trains reserve component forces prior to deployments as well as during monthly and annual training events to maintain Army-directed readiness standards.

apelldetrick@comcast.net



Adoptions
Child Support & Custody
Collections
Corporations
Criminal Defense
Drunk Driving
Easements
Elder Law
Estate Administration
Foreclosure Cases
House Purchases
House Sales
Jewelry
Landlord Cases
Loans
Living Wills
Name Changes
New Businesses
Partnership
Personal Injury Claims
Prepared Wills
Pricing Board Matters
Power of Attorney
Zoning Board

Did you know we do Adult Dentistry?



At Hamilton Dental we go the extra smile!

Each year we treat thousands of children and it often fascinates us to learn that their parents don't know that we also treat adults. After all, we've been doing it for more than 25 years. Whether it's regular checkups and cleanings, cosmetics, orthodontics or oral surgery, we provide complete oral care for a lifetime. With two convenient locations in Hamilton, we participate with most major insurances and NJ Family Care. Call today to schedule an appointment.

Pediatric Dentistry | Adult Dentistry | Orthodontics | Periodontics | Oral Surgery | Cosmetic Dentistry

HAMILTON
DENTAL ASSOCIATES

Dr. Sidney Whitman | Dr. Arthur Fields | Dr. Scott Charin | Dr. Michael DeLuca
Dr. Kevin Collins | Dr. Irving Djeng | Dr. Declinda Reverendo

Two Convenient Locations

Klockner Road Office
2929 Klockner Road
Hamilton Square, NJ 08690
(609) 586-6603

Kuser Road Office
2501 Kuser Road
Hamilton Township, NJ 08691
(609) 689-1212
(NJ Family Care accepted)

www.HamiltonDental.com

EDWARDS CHRISTMAS TREE FARM

338 Jacobstown-Cookstown Road, Wrightstown, NJ

609-758-7729

Open every day
till Dec. 24th from
9 am to 4:30 pm

One mile off Rte. 537 on
Jacobstown-Cookstown Road
(Rt. 665), Wrightstown

- Choose & Cut Trees
- Live (B&B) Trees
- Fresh Pre-Cut Trees
- Our Own Farm Fresh Wreaths - 12" to 36"
- Specialty Wreaths
- Grave Blankets & Vases

PRESENT THIS
AD FOR A
FREE
TREE CARE
GIFT WITH
PURCHASE OF
TREE

Military Discount
on tree purchases.
Must show Military ID

Visit us on the web at www.edwardstrees.com

Vietnam vet art-vendor 'paints a picture'

By 2nd Lt. Carrie Volpe
Joint Base McGuire-Dix-Lakehurst
Public Affairs

As you walk through the double-door entrance at your local Exchange, you are greeted by many different types of vendors, some of which routinely travel to different bases around the world. Occasionally you are welcomed by beautiful, patriotic and military-themed paintings. Your eyes connect with images of Afghanistan, Iraq, Korea, Vietnam and more. You'll see colorful depictions of your brothers and sisters in arms, symbolic bald eagles and flashes of red, white and blue.

As you pass by, you take a moment to reflect on the history that is carefully hand-painted in the prints. Each image represents a story, a snapshot in time; you're so intrigued that you barely notice the man in the background standing near the register, the salesman. Unbeknownst to many, that man has an interesting story of his own; a history that is rich in patriotism and one that embodies the American dream; a story that cannot be told in a painting.

Lew Iwlew, 67, is the owner and founder of Vladimir Arts. His company specializes in military-themed paintings and works closely with units to commemorate significant moments and events in history. The foundation and inspiration for this company began many years ago, and came from a unique culmination of events in Lew's life.

In 1943, in the midst of World War II, many Russians were captured by the Germans when they invaded Russia. They were sent to Germany to join tens of thousands of other captives who comprised a slave-labor force, which was used to supplement the manpower deficit during the war.

One couple, Serfim and Olga Iwlew, were separated and sent to work on different camps in northern Germany. Olga and the couple's 4-year-old son, Victor, were sent to a women's camp. After the war ended in 1945, the family was reunited by British soldiers and placed in a refugee camp in Lade, Germany. Nine months later, Olga gave birth to their second child, a son, whom they named Vladimir. Today, he goes by the name Lew.

In 1948, when Lew was only 2 years old, his mother Olga passed away in an accident. Serfim later married a woman named Feodosia who had a child of her own, a daughter, Zina. Lew and his family spent the next three years in the displacement camp in Germany. The couple and their three children were sponsored by a church organization and sent to the United States in 1951.

"We were one of the fortunate ones," Lew said.

As they approached their destination, Ellis Island, N.Y., a young Lew and his family anxiously awaited their arrival. While everyone buzzed with excitement about arriving in America, 5-year-old Lew was more impressed with the two oranges he was given.

"I remember they brought everybody from the hull of the ship, as we entered the harbor, everyone was saying, 'America, America!' and someone handed me two oranges," Lew said. "I kept saying, 'I have two oranges, I have two oranges!'"

The trip from Germany to America was not free. The church that supported the Iwlew family was from Wooster, Ohio, and Lew's family had to pay them back for the voyage. "They were good to us, they took care of us," he recalled. Lew's older siblings and his parents worked on a farm for six months and paid their debt in full.

The Iwlew family moved to Kalamazoo, Mich., where they shared a two-bedroom apartment with another family they knew from Russia. Lew, like many young



Lew Iwlew, owner of Vladimir Arts, explains the history of a painting to a customer Sept. 14, 2013, at the post Exchange, Fort George G. Meade, Md. Vladimir Arts specializes in military-themed art work and can be found at various Army and Air Force Exchange Service locations. (U.S. Air Force photo by 2nd Lt. Carrie Volpe/Released)

American boys, had aspirations of becoming the world's greatest baseball player; however Uncle Sam had a different plan for him. In 1965, he was drafted by the U.S. Army and shipped off to boot camp.

Six weeks into his training with the Army, officials began making selections for Officer Candidate School. Lew had six credit-hours at the time and was one of two selected out of approximately 110 Soldiers from his basic training company. He didn't know what OCS was, but at the time it seemed like a better option than kitchen police, so he took it. He was sent off to earn his commission at Fort Benning, Ga.

Upon graduating from OCS in 1967, he left for Fort Walters, Texas, to attend flight school. There was a six-month waiting period for his class to begin, but Lew stayed busy—the military had organized baseball teams!

"My first job as a second lieutenant was playing baseball," he chuckled. "I had a blast."

After completing flight school, he was shipped off to Vietnam in 1969. Now a first lieutenant, Lew served as the 4th Battalion Maintenance Officer. He had a strong desire to fly, so he extended his tour in the war-torn country. Getting his wish, he transitioned to Bravo Company, 4th Aviation Battalion, 4th Infantry Division where he flew the AH-1G Cobra helicopter. After 19 months and 19 days at war, Lew finally left Vietnam and headed to Panama.

Lew spent a year-and-a-half in Panama before he returned to Fort Benning, Ga. He made the rank of captain and then attended the Army's 10-month-long Captain's Course. Upon graduation, he was reassigned to the country of his birth, but on much different terms this time. Once a young child in a refugee camp there, he

chip detector warning light came on. Coincidentally, or maybe not, the safest place to land was her backyard. With the chopper blades still spinning and surrounded by 125 people, he flagged her to come over to the helicopter.

Over the roar of the engine, he yelled, "You have two choices; first one, marry me and the village survives!"

"I forget what the second choice was," he laughed.

And as they say, the rest is history. Lew and Iris have been married for 35 years.

As Lew's active-duty service was coming to an end in 1975, he knew he wanted to sell art. While Iris finished school in Germany, Lew traveled all over Europe meeting with various artists. Paying homage to his given name, Lew and Iris created Vladimir Arts in Ansbach, Germany, in 1975.

"I saw another vendor selling artwork to the military; it was terrible," said Lew. "I've always been a photographer and involved with those types of creative things, so I knew it was something I could do."

Today, you can find prints from Vladimir Arts in various Army and Air Force Exchanges.

"Our company has really grown," said Lew. "We proudly serve nearly 250 thousand military customers."

Marine Maj. Andrew Aranda, who was temporarily assigned to the Defense Information School at Fort George G. Meade, Md., recently purchased a set of three paintings known as "American Freedom," by artist Rick Kelley. The collection features a mountain range with soaring bald eagles and hints of American icons hidden in the painting. If you look carefully, you will find Lady Liberty painted within the texture of the mountains and you can also see a reflection of the American flag in the river below.

"Immediately, I connected with Lew when he mentioned he had been a cobra pilot, like me," said Aranda. "I was happy to do business with him. And the quality of the art work speaks for itself; my wife is going to love them."

So the next time service members and their families are passing through the foyer of their local Exchanges, they should take a moment to observe their surroundings. Strike up a conversation with an AAFES vendor, they just might stumble upon an incredible story and learn something.

Powerful degree.
Recognized excellence.

The CMU degree that over 150 flag officers have earned.

CMU
CENTRAL MICHIGAN
UNIVERSITY

Master of Science in Administration degree

(Taught face-to-face and/or online)

Provides the knowledge and skills necessary to lead effectively in various military, business, and agency settings.

Choose from 7 concentrations:

- General Administration
- Human Resources Administration
- Information Resource Management
- International Administration
- Leadership
- Philanthropy and Fundraising
- Public Administration
- Research Administration

MSA graduates currently hold such positions as: military general, acquisitions manager, contract specialist, human resources director, finance manager, and many more!

CMU's Global Campus also offers bachelor's and doctoral degrees as well as graduate certificates online.

Special military tuition discounted rate

CMU's Global Campus is honored to serve its military students by providing a military tuition discounted rate.

***** Visit cmich.edu/military for details.

Get it all at CMU's Global Campus at Joint Base McGuire-Dix-Lakehurst.

Call 609-723-8100 or toll-free 877-268-4636 today!

cmich.edu/JBMDL JBMDL@cmich.edu

Central Michigan University is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. CMU is an AAACSB institution (see cmich.edu/aaacsb). cmich.edu/globalcampus CMUglobal@cmich.edu 37116 2/13

advocate Burlington County Obstetrics & Gynecology

Misa T. Belazi, MD
David S. Hulbert, MD, FACOG
Paul J. Schell, MD, FACOG
Francine M. Siegel, MD, FACOG
Michael T. Snyder, MD, FACOG
Michael I. Zaklin, MD

Dolores C. Fee, RN, APN - C
Lori M. Griesko, RN, APN - C
Tara R. Jones, RN, APN - C
Jennifer L. Shroff, RN, APN - C

Larchmont II
210 Ark Road, Suite 216
Mount Laurel, NJ 08054
856-778-2060

Rahocas Medical Center
1000 Salem Road, Suite B
Willingsboro, NJ 08046
609-871-2060

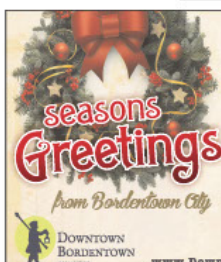
Delran Professional Centre
8008 Rt. 130 N., Suite 320
Delran, NJ 08075
856-764-0002

Columbus Office
430 Homestead Drive
Columbus, NJ 08022
609-324-7424

advocateBCOBYN.com

Obstetrics • Gynecology • Infertility
High-Risk Pregnancy • Adolescent Gynecology • Menopause
Urogynecology • Robotic Surgery

All babies delivered at Virtua Hospital



Holiday Train Show

Old City Hall • 11 Groszwick Street
Opening Friday, Nov. 29th and display open every weekend through December 15th.

Annual Holiday Chocolate Walk
Friday, Dec. 6th • 5-9pm • Free to Attend

Holiday Historical Homes Tour
Saturday, Dec. 14th • 3-7pm

Carriage Rides & Holiday Bliss
Saturday & Sunday, Dec. 14-15th

www.DowntownBordentown.com

Visit our website for event details and how YOU can register to win \$50 in Bordentown Bucks to Shop or Dine in our charming City!

Scholarships for Military Children program opens

By Cherie Huntington
Defense Commissary Agency Public Affairs

FORT LEE, Va. – Applications for the 2014 Scholarships for Military Children Program become available Dec. 3, 2013, at commissaries worldwide or on the Internet at www.militaryscholar.org.

Applications must be turned into a commissary by close of business Feb. 28, 2014; packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed.

This year's award amount has risen to \$2,000 and the program awards at least one scholarship at each commissary with qualified applicants.

An applicant must be a dependent, unmarried child, younger than 21, or 23 if enrolled as a full-time student at a college or university, of a service member on active duty, reserve or guard member, retiree, survivor of a military member who died while on active duty or survivor of a retiree.

Applicants should ensure they and their sponsors are enrolled in the Defense Enrollment Eligibility Reporting System database and have a Department of Defense ID card. The applicant must attend or plan to attend an accredited college or university full time in the fall of 2014 or be enrolled in studies designed to transfer to a four-year program.

Fisher House Foundation, a nonprofit organization that helps service members and their families, administers the program. Scholarship Managers, a national nonprofit scholarship-management services organization, manages and awards the scholarships. Commissary partners and the general public donate money to the program; every dollar donated goes directly to funding the scholarships.

Since inception of the program in 2001, more than \$11.3 million in scholarships have been awarded to 7,412 military dependents from more than 71,000 applicants.

For more information, students or sponsors should call Scholarship Managers at (856) 616-9311 or email them at militaryscholar@scholarshipmanagers.com.

HMLA

Continued from Page A1

conducted practical application exercises in security techniques and tactics alongside forces from partner nations Senegal, Nigeria, Ghana, Benin and Cameroon.

"We are building relationships between the United States and NATO forces and African military government agencies," said Watkins. "In this particular instance, mostly to build and improve maritime security better suited to combat their maritime contingencies such as pirating activities."

The SCTR was split up into separate air and ground elements consisting of JB MDL Marines who provided casualty evacuation capability and 2nd AABN Marines from Camp Lejeune who conducted the ground training. Both the ground and aviation units conducted their own Marine-essential task training and afterwards, came together to do some integrated training.

"The 2nd AABN conducted training in their specialty; mostly amphibious assault landings, jungle warfare, hand-to-hand combat, humanitarian assistance, exchanging best practices in infantry tactics and ship boarding operations training," said Watkins.

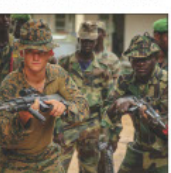
For the "Red Dogs" of HMLA-773, the training aboard the Dutch ship involved aircraft handling and safety and non-combatant evacuations.

"My Marines from HMLA-773 conducted themselves extremely well, our aircraft were maintained at 100 percent readiness and we did not drop a single frag," said Watkins. "We

were able to conduct everything asked of us."

The HMLA-773 is the Marine Corps' largest deployable light attack helicopter squadron, operating in separate detachments at three different East Coast bases: Detachment A out of New Orleans, Detachment B out of JB MDL and the squadron headquarters out of Robins Air Force Base, Ga.

"Being able to combine different forces from dif-



Senegalese Compagnie de Fusilier Marine commandos and U.S. Marines conduct Marine Corps martial arts training Sept. 18, 2013. (U.S. Marine Corps photo by Sgt. Marco Mancha)

ferent nations and see how we work together is really a good experience for everybody," said Marine Staff Sgt. Esteban Amezcua Zamora, HMLA-773 flight chief, a California native.

The leathernecks of HMLA-773 form the one and only Marine Corps Reserve light attack helicopter squadron, flying and maintaining AH-1W Super Cobra attack and UH-1N Huey utility helicopters.

"We actually conducted one evacuation mission when a Dutch Marine got injured during training at the jungle warfare center and had to be flown to the ship's hospital facility," said Watkins.

APS, established in 2007, is an international security cooperation initiative aimed at strengthening global maritime partnership through training and collaborative activities in order to improve maritime safety and security in Africa.



U.S. Marines and sailors conduct fast rope drills from a Marine Corps helicopter during Africa Partnership Station 13 at Naval Station Rota, Spain, Aug. 26, 2013. APS is an international security cooperation initiative facilitated by Commander, U.S. Naval Forces Europe-Africa aimed at strengthening global maritime partnerships through training and collaborative activities in order to improve maritime safety and security in Africa. (U.S. Marine Corps photo by Sgt. Marco Mancha/Released)

The last issue of the 'Air, Land and Sea Times' will be published on Dec. 13. After this, the Joint Base Public Affairs Office will transition to a more enhanced communication approach, using the tools below, to enable us to provide the joint base community with news and key information.

Joint Base
McGuire-Dix-Lakehurst
HOME NEWS PAGES ART LIBRARY MESSAGE PARTNERS

Public Website:

www.jointbasemdl.af.mil



e-Times is an electronic weekly newsletter that will begin publication in January.



Facebook:

www.facebook.com/jbmdl



Twitter:

www.twitter.com/jointbasemdl



Flickr:

www.flickr.com/jointbasemdl



Marquee System



JB MDL all e-mails

CLASSIFIED

Condominiums

EDGEWATER PARK Beautiful 2 Br condo for sale by veteran. Contact alloway@villains.com NLS 528-6490

Real Estate Rentals

Condos for Rent

WILLINGBORO 2BR, 1st flr. Washer, dryer, dishwasher. Avail now! \$1,050/mo + utilities. 609-790-0378

Apartments for Rent

Browns Mills New Egypt Apts. Ask about our Holiday Special! Call 609-258-6167

BURLINGTON TWP Garden Type *Starting at \$800 Call: 856-959-1200

LUMBERTON * Spacious 1BR. Available Now! * FREE heat, hot water, gas & carpet! * 1-866-403-1011

Pemberton Boro 1BR \$800 and 2BR \$1000 per mo. ALSO, 3BR house for \$1250. 1% no security deposit required. Call (800) 864-8737.

PEMBERTON UNIVERSITY PARK APTS 1BR 2BR start at \$650 \$850-954-9336

PEMBERTON UNIVERSITY PARK APTS 1BR 2BR start at \$650 \$850-954-9336

Homes for Rent

FORKED RIVER, NJ 2 Small 2 BR bungalow. Fully furnished. Pets negotiable. \$1200 plus utilities. Call Karen 609-799-9648

HAINESPORT, NJ 4 BR, 2 story, 2 BA newly remodeled. Must see. Call (609) 868-8712

Jobstown 1BR newly renovated on farm. \$1200/mo. + utilities. Close to bus. 609-723-7334

Pet and Supplies

Pets for Sale



AT THE PUPPY BARN: We are the original huge 33 yr old Puppy Barn. We are not affiliated with any other copy-cat pet shops anywhere. We've sold & sold & sold & sold the most pups for 33 years. For customer satisfaction & the largest selection come to 2741 Rt. 206, Mt. Holly (Columbus) mvpuppybarn.com

www.bobbasmajian.oakmortgageusa.com

VA Purchase & Refinance Loans

Experience how working with a local VA mortgage specialist can benefit you.

CALL ME FOR YOUR FREE INTEREST RATE QUOTE!

✓ Personal Service

✓ Faster Loan Decisions

✓ Competitive Interest Rates

609.654.6131



525 N Route 73 • Suite 101
Marlton, NJ 08053



BOB BASMAJIAN

Senior Loan Officer

Office: 856.988.8100, ext. 1738

bbasmajian@oakmortgageusa.com

PROUD OF OUR LOCAL ROOTS

Licensed by the New Jersey Dept of Banking and Insurance, PA Dept of Banking, NMLS #557858.

Check us out online!



discoverburlingtoncounty.com has everything in the print version and more!

You'll find all the regional municipalities, interactive maps, photos, and extensive lists of resources for your community.

Best of all, it's always there, with updated content all year. You can even leave comments for what you like, and what you'd like more of.

NEWSNOTES

JB MDL Spouses' Club Thrift Shop

The Joint Base McGuire-Dix-Lakehurst Spouses' Club Thrift Shop is open from 10 a.m. to 2 p.m. Wednesday-Friday and the first Saturday of the month, located at 2508 Can Do Way. The thrift shop accepts gently used donations. Call 754-2368 for more information.

Navy Marine Corps Relief Society Thrift Store

The Navy Marine Corps Relief Society Thrift Store is open every Tuesday, Wednesday and Saturday 9 a.m. to noon and Thursday 1-5 p.m. at 158 Berry Road. The sales income received from thrift shops is returned to the Sailors, Marines and their families in the form of emergency financial relief services. Donations after hours may be placed in the donation locker located by the front door. Opportunities are available for volunteers to sort merchandise, arrange displays and work as cashiers. Call (732) 323-2362 or visit for more information.

JB MDL Swap Site

Joint base mission partners with excess supply items or in need of office items can now log in to the Joint Base McGuire-Dix-Lakehurst Swap site at www.milsuite.mil/books/group/jbmdl-swap for re-distribution of supplies.

Visit the milsuite.mil website or call 754-4686 for more information.

87th LRS Customer Service and Equipment Accountability Service

Individuals with inquiries regarding supply customer service, stock control and overpricing program assistance should call 754-3306/1381. Walk-in hours are 9 a.m. to 3 p.m. Monday through Friday at 1757 West Arnold Ave., Room 166. Call 754-5154/4454 for supply parts issue requests/aircraft parts store requests. Call 754-2678/4010 for the equipment accountability office and custodian's assistance. Visit www.dms.dla.mil for DRMO procedures.

Neighborhood Community Watch Meetings

The joint base community is set to hold a meeting for the neighborhood community watch program from 7 to 8 p.m. every second Tuesday of the month in Falcons Court North. The meeting is intended to inform community members on how they can help protect the community by taking part in neighborhood watches and patrols. Call 723-6563 for more information.

Firehouse Movie Night

A movie night is scheduled for 8 p.m. every second Friday of the month at The Airmen's Firehouse on McGuire. This event is open to all E-1s through E-4. Free popcorn and beverages will be available. Call 754-2233 for more information.

87th MDG Training Hours

The 87th Medical Group will close for readiness training at noon the first Thursday of each month.

Crafty Birthday Parties

The Arts and Crafts center offers a chance for community members to host birthday parties at the center. Parties include two hours of party room use and one craft project with an instructor and all materials. Choose from a ceramic painting or plush animals parties. Call 562-5691 for more information.

Home School Art Class

The Arts and Crafts Center offers a 10-week mixed media course for ages six and up. Five sessions of pottery and five sessions of fine arts are included. Call 562-5691 for more information.

International Spouses' Group

The International Spouses' Group assists foreign-born spouses with cultural adaptation. The group serves as the first stop, as well as ongoing support, for multicultural families. The group meets the last Friday of each month from 11:45 a.m. to 1:30 p.m. for planned social and educational activities. Call 754-3154 for more information.

Financial Readiness Program

The Financial Readiness Program assists service members and their families in improving personal financial status and their ability to perform as informed consumers. The program focuses on improving credit reliability and reducing debt. Available services include: complaint resolution, individual counseling, training classes, resource library, debt liquidation, budget development and planning. Call 754-3154 for more information.

Education and Training ABCs of College Briefing

An ABCs of College information session is set to be held every third Thursday of the month at 9 a.m. in the Education Center, 3829 School House Road, Falcons Courts North housing area Room 206. The briefing will provide information on how to choose a school and major, determine payment methods, plan for career success, register for upcoming classes and gain information about degree types. Email gaylor.sims@us.af.mil for more information or to register.

MPS Passport Appointments

The Military Personnel Section passport office will accept appointments only for official passport processing. Appointments are available from 7:30 a.m. to 6 p.m. Mondays through Thursdays and 7:30 a.m. to 4:30 p.m. Fridays. Call 754-3826 to schedule an appointment. Tourist passports are not available at this location. Visit www.co.burlington.nj.us/pages.aspx?cid=23 for tourist passport locations.

Passport pick-ups will continue to be handled on a walk-in basis during normal MPS customer service hours. As a reminder, customers assigned to the 6th Airlift Squadron, 621st Contingency Response Wing, 21st Expeditionary Mobility Task Force and the U.S. Army have separate passport agents in their units who are able to service their passport/Visa needs. Call 754-1592 for more information.

Library Events

Children's Story Time will be at 10 a.m. Thursdays at the Joint Base Library, located at 2603 Tuskegee Airmen Ave.

Tuskegee Airmen Meetings

The Hannibal M. "Killer" Cox chapter of the Tuskegee Airmen Incorporation is set to host its monthly meeting at 5 p.m. on the fourth Tuesday of every month at the Firehouse Club on McGuire. Visit www.tuskegeearmen.org for more information.

History Tours at Lakehurst

The Navy Lakehurst Historical Society offers tours of historic Hangar One and the Hindenburg crash site at 10 a.m. every Wednesday and every second and fourth Saturday of the month. Call (732) 818-7520 for more information.

Alcoholics Anonymous Meeting

The Alcoholics Anonymous meeting is set to be held from 7:30 to 8:30 p.m. every Tuesday at Range Control Headquarters on Dix. Alcoholics Anonymous is a 12-step support group whose only requirement is the desire to stop drinking. This meeting is an open meeting available to anyone who wants or needs to better understand alcoholism and its effects. There are no dues or fees, only the desire to live a life free from alcohol. Call 562-4011 for more information.

Construction Corner

From 87th Civil Engineer Squadron

Electrical Shutdown

Five 8-hour electrical shutdowns are tentatively scheduled Dec. 11, 13, 20, 23 and 26, 2013, at building 1097, 1907A and 1908 for the energizing of a newly installed system.

Thrift Store and Airmen's Attic Demolition

Demolition of the Thrift Store and Airmen's Attic, located at 3446 Brody Road to include associated utilities and parking lot, is currently scheduled through Mar. 15, 2014. The old ball room in Pudgy's located at 2508 East Third St. is being renovated to house the Thrift Store and Airmen's Attic.

McGuire Power Plant Demolition Project

Demolition of the McGuire Power Plant and associated facilities will continue through Dec. 30, 2013. Additional truck and construction vehicle traffic can be expected in the area.

Water Line Replacement

Water line replacement work is currently scheduled

through the end of 2013 in the 5500 and 5600 area, between Willow Pond and the U.S. Air Force Expeditionary Center, and between Doughboy Loop and Texas Avenue on Dix. Access to the sidewalk along Texas Avenue will be impacted during construction. During work in the shoulder of 8th Street, traffic may be restricted by construction crews in the area. Construction equipment and activities may limit access to interior roadways and parking lots intermittently during the work. No road closures are anticipated.

Walton Army Hospital Demolition

Demolition of the Walton Army Hospital and associated facilities is expected to take approximately seven months. Detour around the site will continue through March 2014. New Jersey Avenue will be closed to all but local traffic between 4th Street and Summerall Avenue for the duration of the demolition and traffic will be routed around the site via N. Scott Plaza, Maryland Avenue and 8th Street. 4th Street between General's Circle and New Jersey Avenue will be closed for the duration of the work. Patrons of the golf course need to use additional caution when crossing Fort Dix Road and New Jersey Avenue due to increase traffic volumes on these roads.

Joint Base McGuire-Dix-Lakehurst Chapel

Chapel Locations

McGuire Chapel - 2503 East Arnold Avenue
North Chapel - 3827 School House Road
Dix Chapel - 5240 New Jersey Avenue
Soldier's Chapel - 5950 Church Street
Cathedral of the Air - 264 Hope Chapel Road, Lakehurst N.J. 08527

Worship Hours

Catholic
Wednesday - 11:30 a.m. McGuire Chapel
Saturday - 5 p.m. McGuire Chapel
Sunday - 10:30 a.m. Dix Chapel

Protestant
Sunday - 9 a.m. Traditional - Dix Chapel
Sunday - 9:45 a.m. Contemporary - North Chapel
Sunday - 11:30 a.m. Gospel - McGuire Chapel

Army Support Activity
Sunday - 7:30 a.m. LDS - Dix Chapel
Sunday - 7:30 a.m. Protestant - Soldier's Chapel

For programs, faith groups, or special language needs not listed, please contact the Chapel at 609-754-4873.

Contacting A Chaplain

When should I call a Chaplain?

Chaplains are available for spiritual, relationship and grief counseling. They provide worship services, baptisms, weddings and memorials.

Your conversation with a chaplain can not be disclosed without your permission. No exceptions.

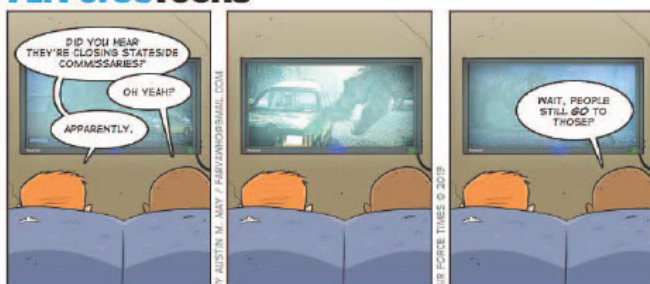
To speak with a Chaplain during duty hours (Monday through Friday 7:30 a.m. - 4:30 p.m.) call 609-754-HOPE (4873).

For assistance after duty hours, call the Command Post at 609-754-3935 or 3936.



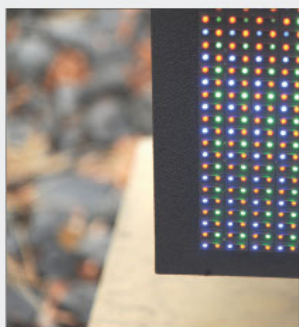
Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base

AirForceToons



Time to get Healthy!

The Health and Wellness Center offers numerous weight-loss and healthy-eating classes to get you in the best shape of your life. Call 754-2462 for more info.



Can you guess what this is? Submit your guess online at www.facebook.com/jbmdl. Don't forget to check back next week when the full-size photo is revealed!

Get to know JB MDL!



Did you guess last week's close-up photo? It's the height adjustment crank on the Howitzer static display on range road. The Howitzers, which Marine infantry artillery units use, can get quite noisy.

JB MDL Base Theater Movie Schedule



Friday:
7 p.m.
Jackass Presents: Bad Grandpa (R)



Saturday:
2 p.m.
Free Birds 3D (PG)



Saturday:
7 p.m.
Captain Phillips (PG-13)

Recipe Roundtable

English Toffee

Ingredients:
• 1 cup butter (only real butter can be used in this recipe)
• 1 cup sugar
• 1/4 cup water
• 1/2 teaspoon salt
• 3 semi-sweet chocolate baking squares or 1/2 cup chocolate chips
• 1 cup coarsely broken pecans

Cooking Instructions
In a heavy saucepan, combine butter, sugar, water and salt. Cook to hard crack stage (300°F), stirring constantly and watching carefully. Immediately pour into ungreased 13 inch by 9 inch sauce pan. Cool until hard. Melt chocolate over hot, but not boiling water. Spread over toffee, then sprinkle with nuts, pressing them into chocolate. Let stand two to three hours or chill 30 minutes. Break into bite-size pieces.
Recipes found at food.com



Weight

Continued from Page 2

The key was how much. You do NOT have to give up the things you love to make meaningful changes in your life! I simply started treating food like a credit card. Each week I was given a certain amount of credit in the form of calories. I could spend my credit any way I chose, but I still had to pay the bill. And sometimes, for a man of my "refined" tastes, the bill could be expensive. So how could I up my credit limit?

If you said exercise, then you can have a free cookie. Logging my calories was a great start, but I knew I would eventually have to start exercising more to see the results I desperately craved. I knew my test consisted of running, pushups, and sit-ups. So I went out and bought a new pair of running shoes.

Let me be clear: I don't like exercise. I spend most of my time behind a screen both at work and at home. But I started running, on days when we weren't meeting to do group PT. It was slow at first, and hard, but I kept running. The beautiful thing is that for our purposes, speed is irrelevant. Your attendance is. As the months went by, sometimes I would try to push for distance, and sometimes I would try for time, but always with the same thought in my head: I MUST keep going.

Now for the best part, I discovered weight loss is not some great mystery of the universe. When you eat less food and do more exercise, you actually lose weight as a consequence. By staying

close to my calorie limits, I started losing one to three pounds per week, just like I was supposed to. The more I ran, the more weight I lost, and the easier the running became. I wasn't just trying to pass a test once every 6 months anymore; I was trying to get healthy. But my test components were improving as well. I was digging myself out of 10 years' worth of excuses, and I won't lie: It was, and continues to be, very hard work.

It's been roughly four and a half months since I first stepped on that scale and had my denial come tumbling down around me. In that time I've lost close to 50 pounds, and just scored a 93.7 on my latest PT test. I still have a long way to go, but after 10 years, I've finally found my path.

So what does all of this have to do with you? I've made every excuse you could ever make. I've eaten everything I could get my hands on. I've sat out of every game, pretended to be sick, and squirmed my way out of every physical situation under the sun. But those days are over, and as I look back at the old me, I realize I don't miss him. You won't either, I promise.

You can break down your own walls. You can do it today. You may be slow, but you'll always be faster than the guy who hasn't started moving yet. You can get as fast, skinny, or healthy as you desire. It takes work. It takes time. And it does take some dedication. But you can do it. I know you can, because I did.

Tips for losing weight

Nothing will work for you other than that which works for you. Sorry, but it's true. No one can give you a complete map out of your own situation. But perhaps these tips can help you find your way.

- 1) This will take time. Don't expect to be done in a week, or a month, or a year, or ever. You aren't trying to make a temporary change just to "get in shape". You are shifting lifestyles, and that will take a while, so relax.
- 2) Find support (and be supportive). You won't believe how many people will resent you for succeeding at getting healthier. They will call you a nut and offer you food every chance they get. Forget these people, as they are not your friends. On the other hand, when you see someone else trying hard, tell them how it looks like they're succeeding. It can go a LONG way.
- 3) Don't eliminate foods from your diet. Instead, focus on accurate logging and portion control. Once you start getting rid of foods completely you get into craving territory, and that's dangerous. (One exception: Never, EVER order the wings at Outback. You don't even want to know the calorie count on that one.)
- 4) Light wheat bread tastes just as good as anything else, has half the calories, and twice the fiber. Just saying.
- 5) At some point, you will eat an entire pizza by yourself in a single sitting. You are not a bad person or a failure. But you do have to log it, then try again to do better tomorrow.
- 6) Don't worry about getting everything right at first, but sooner or later you will have to branch out and do something other than running. Find someone to teach you how to lift weights once or twice a week and you'll find that burning calories is that much easier. (Science!)
- 7) Don't be afraid to modify your get well plan often, but try to give it a chance at least. My rule of thumb is one month. If something is not showing any results after one full month then it's time to try again.
- 8) Spend money on a good pair of running shoes. Not cross-trainers. Running shoes. You're going to spend a lot of time with these bad boys, better that they be comfortable.
- 9) Take note of your weight once a week, no more. It will fluctuate throughout the day and week, so any more than that is pointless. Making a note of your weight once a week gives you a nice, standard data point that will help you see your progress.
- 10) Try, try, try, and keep trying. It takes an average of seven to nine attempts for a person to stop smoking, and unlike that, you have to keep eating. If try enough, over time, something will catch. I promise.